

Beef and Salsa Quesadillas

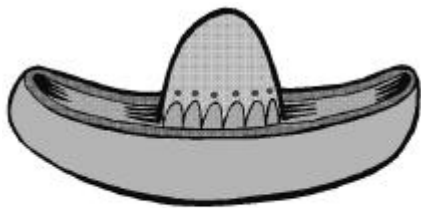
(4 servings)

- 1 pound ground beef
- 1-1/2 tablespoons chili powder
- 1/2 teaspoon ground cumin
- 10 ounces frozen chopped spinach, defrosted & drained
- 1 cup prepared chunky salsa
- 2 cups shredded cheese (Cheddar or Monterey Jack)
- 4 medium flour tortillas

1. Preheat oven to 375°F.
2. Brown ground beef over medium heat, 8 to 10 minutes or until 160°F. Drain.
3. Season beef with chili powder, cumin, salt and pepper.
4. Stir in spinach and salsa; heat through.
5. Remove from heat; add cheese.
6. Spoon 1 cup beef mixture on center of tortilla.
7. Cover with second tortilla.
8. Repeat alternating remaining tortillas and meat mixture.
9. Bake 10 to 12 minutes or until tortillas are slightly brown.
10. Cut tortillas into wedges.

Nutritional Information Per Serving:

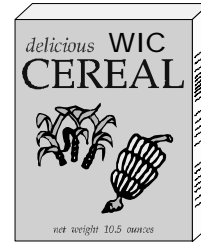
Calories 673; Protein 50Gm; Carbohydrate 24Gm; Fat 42Gm; Sodium 950mg.



WIC Cereal Trail Mix

(12 servings)

- 1 cup Life cereal
- 1 cup Corn Chex cereal
- 1 cup pretzels
- 1 cup dry roasted peanuts*
- 1 cup raisins



1. Mix ingredients together in a large bowl.
2. Store in an airtight container.
3. Any of the WIC dry cereals can be substituted.

* Omit peanuts for any child under 3 years

Nutritional Information Per Serving:

Calories 109; Protein 3Gm; Carbohydrates 9Gm; Fat 3Gm.

Muffin-Size Meatloaves

Preparation time: 15 minutes

Baking time: 30 minutes

8 servings – 1 muffin meatloaf each

- 1 pound lean ground beef
- 1/4 cup dry vegetable soup mix
- 1 cup bread crumbs
- 1 teaspoon oregano
- 1/2 cup tomato juice or vegetable juice

nonstick cooking spray

1. Preheat oven to 400°F.
2. Mix first five ingredients together in a mixing bowl.
3. Spray 8 muffin cups with cooking spray. Mound the meatloaf mixture up in the prepared cups, smoothing the tops. Bake for 30 minutes or until the center of the meatloaf is 160° F.

Nutritional Information Per Serving:

Calories 166; Protein 11Gm; Carbohydrates 47Gm; Fat 16Gm. Sodium 242 mg.

What Does Iron Do For Me?

Everyone needs iron. Iron helps prevent anemia, which makes a person tired, irritable, pale, and short of breath. Children with iron deficiency anemia score lower on tests and are poorer learners.

Some of the causes of anemia are:

- Heavy Blood Loss
- Frequent Pregnancies
- Poor Diet



Liver is a high source of iron & vitamin A. Liver is not recommended for pregnant women because it is such a high source of the type of vitamin A that can cause birth defects. Other food sources that contain both iron & vitamin A do not cause birth defects.

Helpful Hints

Include vitamin C – rich foods with meals.

- Vitamin C helps the body to use iron better.
- Iron from animal foods such as meat is absorbed by the body easier than iron from plant foods.
- Cooking high acid foods (such as tomatoes in spaghetti sauce or chili) in iron pots increases the amount of iron in foods.
- Infants who are not breastfed need to be fed iron-fortified formula.



Be Careful!

Too much iron can be harmful. Do not misuse iron pills. Be careful to store pills that contain iron (such as prenatal vitamins with iron) out of a child's reach.

Pump Up Your Body With These Iron Rich Foods!

One high source meets your daily iron needs.

- Pork Liver & Heart
- Chicken Liver
- Beef Kidney
- Super Fortified Cereals: (Look for labels that say 100% U.S. RDA for iron in 1 ounce.)

Two good sources meet your daily iron needs.

- Beef Liver
- Pork Kidney
- Fortified Cereals: (Look for labels that say 45 - 50% U.S. RDA for iron in 1 ounce.)

Have a variety of 5 or more fair sources to meet your daily iron needs.

Prune Juice	Lima Beans
Red Meats	Lentils
Liverwurst	Eggs
Molasses	Spinach
Dried Fruit: Raisins, Peaches, Apricots, Prunes, Dates	
Enriched or Whole Grain: Pasta, Rice, Bread, & other cereals	

